

WHAT IS CLAIMED IS:

1. A gliding apparatus comprising:
  - a support surface provided to support a rider's two feet;
  - a gliding surface provided to glide along a surface;
  - said support and gliding surfaces being opposite one to the other providing a spacing therebetween;
  - said support and gliding surfaces substantially having the same length;
  - said support surface being wider than said gliding surface; and
  - a closed volume is demarcated between said support and gliding surfaces.
2. A gliding apparatus according to claim 1, wherein:
  - a first shovel of the support surface and a first shovel of the gliding surface meet;
  - a second shovel of the support surface and a second shovel of the gliding surface meet;
  - a first lateral side edge connects a first edge of the gliding surface to a connecting surface of the support surface; and
  - a second lateral side edge connects a second edge of the gliding surface to the connecting surface of the support surface.
3. A gliding apparatus according to claim 2, wherein:
  - the first and second shovels are respectively tangent one to the other and coupled one to the other.
4. A gliding apparatus according to claim 2, wherein:
  - the first shovel comprises a curved portion having center(s) of curvature on the side of a top of the support surface.

5. A gliding apparatus according to claim 1, wherein:  
a support cover is affixed to a top of the support surface.
6. A gliding apparatus according to claim 1, wherein:  
longitudinal grooves are provided on a side of a bottom of the gliding surface.
7. A gliding apparatus according to claim 6, wherein:  
the grooves extend both along a central portion and partially at least along the shovels of the gliding surface.
8. A gliding apparatus according to claim 6, wherein:  
said longitudinal grooves are constituted by three grooves.
9. A gliding apparatus according to claim 2, wherein:  
the gliding apparatus has two main portions, said two main portions comprising a first portion having the support surface, the lateral side edges, and the gliding surface, the support surface having an opening, and a second portion comprising a cover for closing the opening.
10. A gliding apparatus according to one of claims 2, wherein:  
the gliding apparatus has two main portions, said two main portions comprising a first portion having the gliding surface and the lateral side edges, and a second portion formed by the support surface.
11. A gliding apparatus according to claim 2, wherein:  
the gliding apparatus has two main portions, said two main portions comprising a first portion being the gliding surface, the second portion being the support

surface, said two main portions being affixed one to the other by an intermediary layer that extends between the surfaces, opposite the gliding surface.